

Your blood must maintain a certain level of acid-base balance to make it possible for your organs to operate properly. This balance is called the acid-base balance. When the balance gets knocked off in the direction of high levels of acid it is called acidosis, and when it is more alkaline than the balance calls for it is called alkalosis. Your body will try and pick up the slack as much as it can, but it is important that the balance be maintained for proper function.

Your lungs remove excess carbon from your body every time you exhale. If a condition makes it no longer possible for that to happen, your blood and other bodily fluids become acidic. This is called Respiratory acidosis. Respiratory acidosis doesn't really have any symptoms because the kidneys will just filter out the carbon left in your body to restore your bloods PH level. There are several causes of respiratory acidosis which are: obesity, overuse of sedatives, chest birth defects, chronic lung disease.

When your kidneys are the problem, it is called metabolic acidosis. Metabolic acidosis can also be caused by the body producing too much acid. The symptoms of metabolic acidosis include fast breathing, fatigue, and confusion. There are three types of metabolic acidosis. They are, diabetic acidosis which is the buildup of ketones usually from uncontrolled diabetes 1, hyperchloremic acidosis which is the loss of too much sodium usually from severe diarrhea, Lactic acidosis which is when too much lactic acid builds up in your body from: prolonged exercise, some medications, low blood sugar, alcohol, seizures, liver failure, cancer, kidney disease, severe dehydration, or poisoning from certain medications and lack of oxygen. Metabolic acidosis can lead to shock or death.

There are five types of alkalosis. Metabolic alkalosis is when your body has too much bicarbonate, this commonly occurs after a lot of throwing up. When your body losses too much chloride it's called hyperchloremic alkalosis, diuretics cause the body to lose a lot of potassium, hypokalemic alkalosis, Alkalosis where the kidneys try to compensate is called compensated alkalosis, it's because the kidneys produce more bicarbonate to make your PH levels even. The symptoms of alkalosis include muscle twitching, numbness or tingling, nausea, vomiting, and confusion. Causes of alkalosis include lack of oxygen, high altitudes, fever, lung disease, liver disease, or salicylate poisoning.